



#AllergenFreeParty

LIVING WITH A FOOD ALLERGY IS STRESSFUL FOR THE WHOLE FAMILY- CONSTANT VIGILANCE IS NEEDED AT MEALTIMES AND SPECIAL OCCASIONS IN ORDER TO AVOID FOOD ALLERGENS

FOOD ALLERGY IS A SERIOUS AND POTENTIALLY LIFE-THREATENING MEDICAL CONDITION



OVER 1/3 OF CHILDREN AND TEENS WITH FOOD ALLERGIES REPORTED BEING BULLIED BECAUSE OF THEIR FOOD ALLERGIES- MOSTLY BY CLASSMATES

WHEN CHILDREN WITH FOOD ALLERGIES ARE BULLIED- THEY ARE FREQUENTLY BULLIED WITH THE THREAT OF THE FOODS THEY ARE ALLERGIC TO

1 in 13 children have a food allergy, that is 2 in every calssroom in the U.S.

CONSUMING EVEN A TRACE AMOUNT OF AN ALLERGEN OR BEING TOUCHED BY ONE CAN TRIGGER A DANGEROUS REACTION

ANAPHYLAXIS IS A SEVERE REACTION TO AN ALLERGEN WHICH CAN RESULT IN DEATH

Include Children in the Classroom by providing snacks and party foods that are made without the top 8 allergens- there are many online resources for recipes, tips, tricks, and ideas



Washing hands properly helps reduce the risk of exposure to food allergens- wet, lather, scrub, rinse, dry

THE TOP 8 ALLERGENS ACCOUNT FOR 90% OF ALL ALLERGIC REACTIONS

Eggs
Milk
Peanuts
Tree Nuts
Fish
Shellfish
Wheat
Soy



ALLERGEN FRIENDLY FOOD BRANDS:

Enjoy Life Foods
Made Good Granola Bars
Sunbutter
Simple Mills
Surf Sweets
Yum Earth
Namaste Foods

Visit The Inclusive Kitchen for more Info

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Source: FARE- www.foodallergy.org